

Ka Hai'a Outrigger and Stand-Up Paddling Clinic

Session I – July 11-15 2011

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 Welcome! Introductions, Attendance & Stretch	9:00 Attendance & Stretch - Review of paddling technique and water safety	9:00 Attendance & Stretch - Paddle talk questions and answers	9:00 Attendance & Stretch - Canoe History	9:00 Attendance & Stretch
9:15 ★ Beach Instructions ★ Introduction to Kayak, Outriggers, and Stand-Up Paddling. ★ Safety and life vests.	9:15 ★ Harbor Paddling Outrigger ★ Basic Kayak Paddling Technique ★ Kayak ★ Stand Up Paddling	9:15 ★ Harbor Paddling ★ Outrigger ★ Kayak ★ Stand-Up Paddling ★ Explore for sea life	9:15 ★ Harbor Paddling ★ Outrigger ★ Kayak ★ Stand-Up Paddling	9:15 ★ Harbor Adventure Day! ★ Paddle ★ Explore ★ Swim
10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break	10:15 Nutrition Break
10:30 ★ Basic Outrigger Paddling Technique ★ Harbor Paddling in shallow water only.	10:30 ★ Outrigger ★ Kayak ★ Stand-up Paddling ★ Swim	10:30 ★ Outrigger ★ Kayak ★ Swim	10:30 ★ Outrigger ★ Kayak ★ Swim	11:45 Awards
11:30 Swim Test				
Noon: Parent Pick-up	Noon: Parent Pick-up	Noon: Parent Pick-up	Noon: Parent Pick-up	Noon: Parent Pick-up